Roasted Butternut Squash & Lentil Stew

Servings: 2
Prep time: 15 minutes | Cook time: 35 minutes

Ingredients
- 250 g butternut squash, peeled and cubed
- 1 tbsp olive oil
- ½ medium onion, finely chopped (about 60 g)
- 1 small carrot, diced (about 50 g)
- 1 garlic clove, minced
- 75 g dried green or brown lentils, rinsed
- 450 ml water or low-sodium vegetable broth
- ½ tsp ground cumin
- ¼ tsp smoked paprika
- ¼ tsp dried thyme
- ½ tsp salt (or to taste)
- 1 tsp white miso (optional, for umami depth)
- 1 tsp lemon juice (added at the end)
- Optional garnish: 1 tbsp Greek yogurt or drizzle of olive oil, chopped parsley

Instructions
1. Preheat oven to **200°C**. Toss butternut **squash** cubes with **1 tsp olive oil** and a pinch of **salt**. **Roast for 20–25 minutes** until tender and lightly browned.
2. In a saucepan, heat **remaining olive oil** over **medium heat**. Add **onion**, **carrot**, and **garlic**; **sauté for 3–4 minutes** until soft.
3. Add **lentils**, **cumin**, **paprika**, **thyme**, and **broth** or **water**. Bring to a **boil**, then reduce heat and **simmer for 20 minutes**.
4. Stir in roasted **squash** and continue **simmering for another 5 minutes** until lentils are tender and stew thickens slightly.
5. Stir in **miso** and **lemon juice**. Taste and adjust seasoning. Serve warm with a dollop of **Greek yogurt** or drizzle of **olive oil**.

Notes
- Add a pinch of **red pepper flakes** for mild heat.
- This stew freezes well for up to 3 months. Reheat gently and add a splash of water or soy milk to loosen.
- Optional: Add ½ cup of spinach at the end for color and nutrients.

Nutrition (per serving)
Kcal: ~310 | Protein: ~14 g | Fat: ~7 g | Sat. Fat: ~1 g | Carbs: ~45 g | Sugars: ~9 g | Fiber: ~9 g | Sodium: ~320 mg | Omega-3: ~0.2 g